



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20055, Rice, white, glutinous, unenriched, cooked

Report Date: June 27, 2017 05:03 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
Proximates					
Water	g	76.63	1	--	133.34
Energy	kcal	97	--	--	169
Energy	kJ	406	--	--	706
Protein	g	2.02	1	--	3.51
Total lipid (fat)	g	0.19	1	--	0.33
Ash	g	0.07	1	--	0.12
Carbohydrate, by difference	g	21.09	--	--	36.70
Fiber, total dietary	g	1.0	--	--	1.7
Sugars, total	g	0.05	--	--	0.09
Minerals					
Calcium, Ca	mg	2	1	--	3
Iron, Fe	mg	0.14	1	--	0.24
Magnesium, Mg	mg	5	1	--	9
Phosphorus, P	mg	8	1	--	14
Potassium, K	mg	10	1	--	17
Sodium, Na	mg	5	1	--	9
Zinc, Zn	mg	0.41	1	--	0.71
Copper, Cu	mg	0.049	1	--	0.085
Manganese, Mn	mg	0.262	1	--	0.456
Selenium, Se	µg	5.6	--	--	9.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
Thiamin	mg	0.020	1	--	0.035
Riboflavin	mg	0.013	--	--	0.023
Niacin	mg	0.290	1	--	0.505
Pantothenic acid	mg	0.215	1	--	0.374
Vitamin B-6	mg	0.026	1	--	0.045
Folate, total	µg	1	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	--	--	2
Folate, DFE	µg	1	--	--	2
Choline, total	mg	2.1	--	--	3.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.07
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.039	--	--	0.068
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
16:0	g	0.033	--	--	0.057
18:0	g	0.003	--	--	0.005
Fatty acids, total monounsaturated	g	0.070	--	--	0.122
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.070	--	--	0.122
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.069	--	--	0.120
18:2 undifferentiated	g	0.066	--	--	0.115
18:3 undifferentiated	g	0.003	--	--	0.005
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.023	--	--	0.040
Threonine	g	0.072	--	--	0.125
Isoleucine	g	0.087	--	--	0.151
Leucine	g	0.167	--	--	0.291
Lysine	g	0.073	--	--	0.127
Methionine	g	0.047	--	--	0.082
Cystine	g	0.041	--	--	0.071
Phenylalanine	g	0.108	--	--	0.188
Tyrosine	g	0.067	--	--	0.117
Valine	g	0.123	--	--	0.214
Arginine	g	0.168	--	--	0.292
Histidine	g	0.047	--	--	0.082
Alanine	g	0.117	--	--	0.204
Aspartic acid	g	0.190	--	--	0.331
Glutamic acid	g	0.393	--	--	0.684
Glycine	g	0.092	--	--	0.160

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
Proline	g	0.095	--	--	0.165
Serine	g	0.106	--	--	0.184
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0